



BCDI
Black Child
Development Institute
ATLANTA

LEGACY OF CARE

OUR EARTH, OUR FUTURE

MARCH 2025

AGES 0-5



ACTIVITY GUIDE

FOR PARENTS & EARLY EDUCATORS

bcdiatlanta.org



BCDI
Black Child
Development Institute
ATLANTA

LEGACY OF CARE

OUR EARTH, OUR FUTURE

MARCH 2025

AGES 0-5

March Activity Guide

Legacy of Care: Our Earth, Our Future (Ages 0-5)

Our connection to the Earth runs deep through our cultural heritage and family bonds. This guide celebrates African American contributions to environmental stewardship while empowering families and educators to nurture the next generation of earth-conscious citizens. Through these activities, children will learn that caring for our environment is part of our legacy and cultural tradition. The activities are designed to be adaptable for both classroom and home settings, encouraging a collaborative approach to environmental education.

- 1) **0-1 Year Olds**
- 2) **1-2 Year Olds**
- 3) **2-3 Year Olds**
- 4) **3-4 Year Olds**
- 5) **4-5 Year Olds**

0-1: Discovering Our World

At this age, babies learn primarily through their senses and observation. Activities focus on safe exploration of natural and recycled materials while building fundamental cognitive skills.

1 Texture Exploration

- **Goal:** Develop sensory awareness through recycled materials
- **Materials:** Clean, smooth plastic bottles; cardboard tubes; fabric scraps
- **Instructions:** Create a safe sensory bin with various recycled materials. Supervise as baby explores different textures, naming materials and textures as they touch them.

2 Nature's Music

- **Goal:** Connect rhythm and environmental sounds
- **Materials:** Empty plastic containers, dried beans/rice (sealed securely)
- **Instructions:** Create simple shakers using sealed containers. Use them while singing traditional songs or creating rhythms together.

3 Earth's Colors

- **Goal:** Introduce natural colors and materials
- **Materials:** Pictures of nature, recycled cardboard squares in earth tones
- **Instructions:** Show babies pictures and materials, naming colors and textures. Create a simple book using recycled materials.

4 Bottle Discovery

- **Goal:** Develop tracking skills and environmental awareness
- **Materials:** Clean, sealed plastic bottles filled with natural items (leaves, twigs)
- **Instructions:** Let baby manipulate bottles safely, describing the natural items inside and their movements.

1-2: First Steps in Sustainability

Toddlers are beginning to understand cause and effect. Activities emphasize basic sorting skills and environmental awareness through play.

1 Sort and Drop

- **Goal:** Learn basic sorting while introducing recycling concepts
- **Materials:** Two boxes decorated with pictures (trash/recycling), clean recyclable items
- **Instructions:** Help toddler sort items into appropriate boxes, celebrating each correct placement.

2 Nature Collection Walk

- **Goal:** Connect with natural environment through supervised exploration
- **Materials:** Small collection bag, picture cards of safe natural items
- **Instructions:** Take short walks to collect natural items, naming each discovery.

3 Clean Earth Play

- **Goal:** Introduce concepts of clean vs. dirty environments
- **Materials:** Pictures of clean/dirty environments, cleanup toys
- **Instructions:** Use simple cleaning activities with safe tools while discussing keeping Earth clean.

4 Recycling Helper

- **Goal:** Child-safe recyclable items, small collection basket
- **Materials:** Child-safe recyclable items, small collection basket
- **Instructions:** Guide toddler in collecting and placing safe recyclable items in proper containers.

2-3: Growing Environmental Awareness

Two-year-olds love to help and can understand simple environmental concepts. Activities focus on active participation and routine-building.

1 Green Helper

- **Goal:** Establish recycling habits through helping behaviors
- **Materials:** Child-sized recycling bin, pictures showing recycling steps
- **Instructions:** Create a recycling helper chart. Child helps sort paper, plastic, or cardboard into appropriate bins.

2 Garden Friends

- **Goal:** Connect recycling to growing food
- **Materials:** Clean yogurt cups, soil, seeds
- **Instructions:** Plant seeds in recycled containers, discussing how we reuse containers to grow new things.

3 Earth Art Studio

- **Goal:** Create art using recycled materials
- **Materials:** Recycled paper, cardboard, safe crafting materials
- **Instructions:** Guide children in creating simple art projects using recycled materials.

4 Water Watchers

- **Goal:** Introduce water conservation
- **Materials:** Recycled containers, water play equipment
- **Instructions:** Through supervised water play, teach simple conservation concepts.

3-4: Creative Earth Stewards

Preschoolers can grasp more complex environmental concepts and enjoy creative projects that combine learning with action.

1 Cultural Art Upcycling

- **Goal:** Create art while learning about African American artists and recycling
- **Materials:** Recyclable materials, paint, glue
- **Instructions:** Study works by African American artists, then create similar pieces using recycled materials.

2 Community Clean-Up Heroes

- **Goal:** Develop environmental responsibility and community awareness
- **Materials:** Small bags, child-safe gloves, pictures of clean/dirty environments
- **Instructions:** Organize supervised clean-up activities, discussing how keeping our community clean honors our heritage.

3 Recycling Theater

- **Goal:** Learn through dramatic play about environmental care
- **Materials:** Props made from recycled materials, simple costumes
- **Instructions:** Create and act out stories about helping the environment.

4 Nature's Scientists

- **Goal:** Observe and document environmental changes
- **Materials:** Recycled materials for experiments, observation tools
- **Instructions:** Conduct simple science experiments using recycled materials and natural elements.

4-5: Environmental Leadership

Older preschoolers can understand complex environmental concepts and take leadership roles in conservation efforts.

1 Earth Legacy Journal

- **Goal:** Document environmental learning and family traditions
- **Materials:** Recycled paper journal, art supplies
- **Instructions:** Create a journal recording daily green activities, family stories about nature, and environmental observations.

2 Recycling Storytellers

- **Goal:** Connect oral tradition with environmental education
- **Materials:** Pictures of African American environmental leaders, recycled art supplies
- **Instructions:** Share stories about environmental leaders, then have children create and tell their own stories about helping Earth.

3 Green Team Leaders

- **Goal:** Develop leadership skills in environmental stewardship
- **Materials:** Leadership badges, recycling station materials
- **Instructions:** Children help organize and lead recycling activities for younger classes.

4 Earth Heritage Project

- **Goal:** Connect cultural heritage with environmental stewardship
- **Materials:** Family photos, recycled materials for displays
- **Instructions:** Create projects that showcase family and community environmental traditions.

Conclusion

These activities lay the foundation for lifelong environmental stewardship while celebrating our cultural heritage. By engaging both families and educators, we create a strong support system for children's developing understanding of sustainability. Each activity builds upon our community's tradition of caring for the Earth while preparing our children to be future environmental leaders.

Through this guide, we honor the past while building a sustainable future. Every activity, whether done at home or in the classroom, reinforces our connection to the Earth and to each other. Together, we create a legacy of care that will benefit generations to come.

[Click here for the survey!](#)

TAKE ACTION!

**SHARE YOUR
STORY**



bcdiatlanta.org/impact

**GIVE
TODAY**



bcdiatlanta.org/donate

**BECOME A
MEMBER**



bcdiatlanta.org/members

**SUBSCRIBE TO
NEWSLETTER**



bcdiatlanta.org/news